

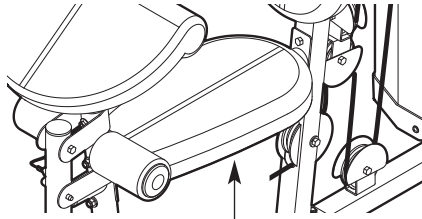
WEIDER®

8980 I

Model No. WEANSY1978.0

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

QUESTIONS?

If you have questions, or if there are missing or damaged parts, please contact the establishment where you purchased this product.

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL

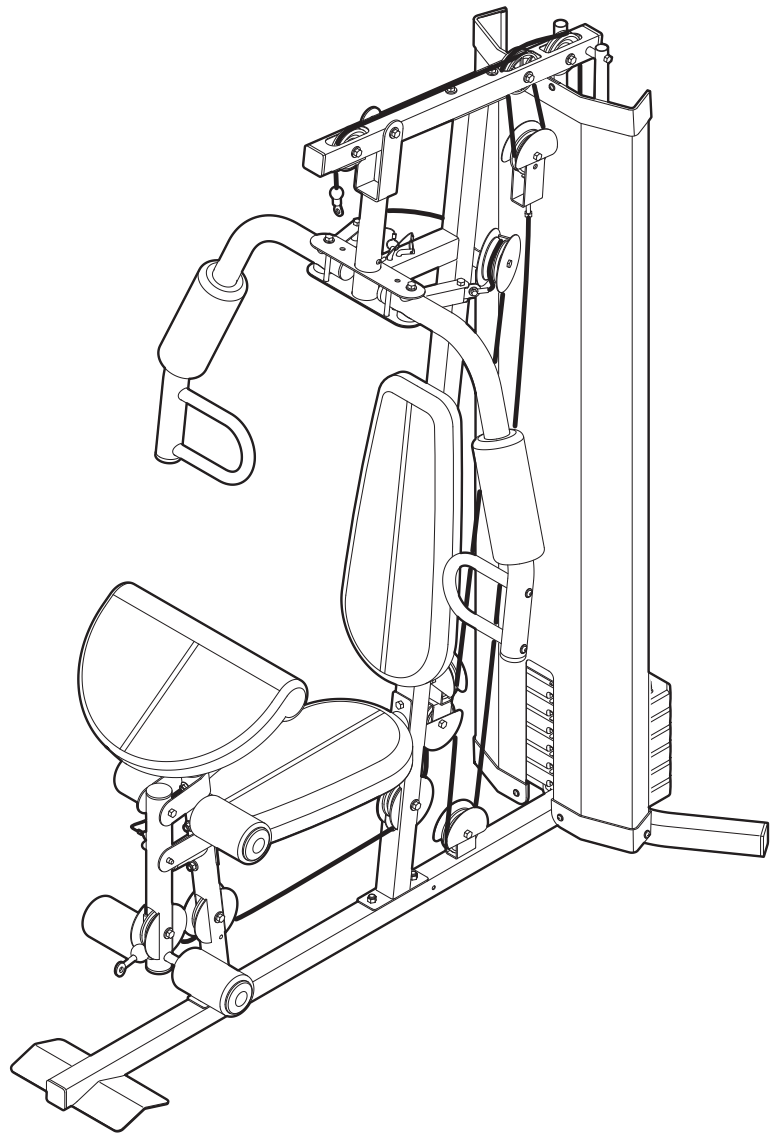
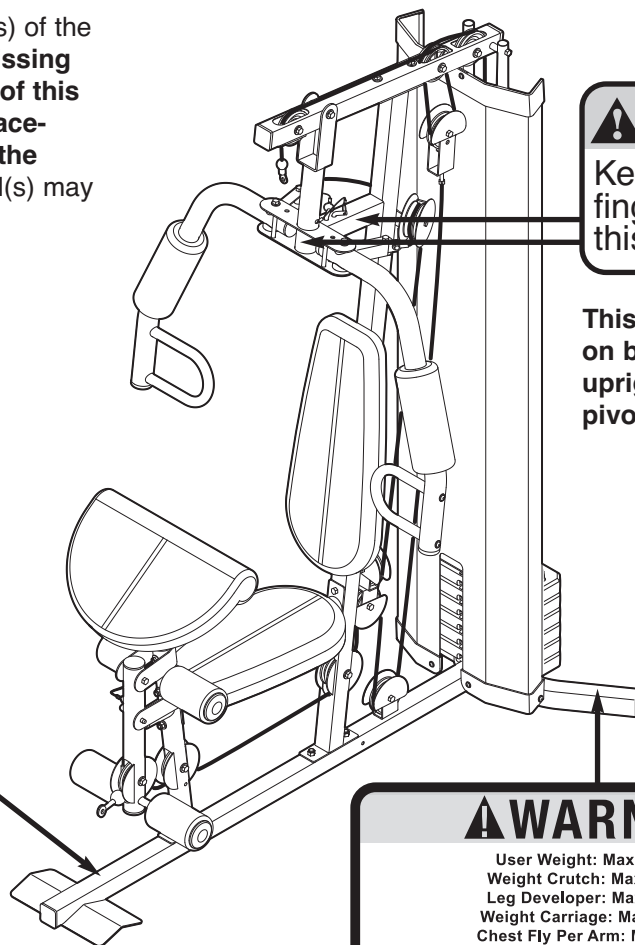


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



⚠ WARNING

- Misuse of this machine may result in serious injury. 
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

⚠ WARNING

Keep hands and fingers clear of this area.

This decal is placed on both sides of the upright and on the pivot frame.

⚠ WARNING

User Weight: Max 300 LBS
 Weight Crutch: Max 310 LBS
 Leg Developer: Max 150 LBS
 Weight Carriage: Max 150 LBS
 Chest Fly Per Arm: Max 50 LBS

Product may not offer all listed exercises.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight system before using your weight system. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. Your weight system is intended for home use only. Do not use your weight system in a commercial, rental, or institutional setting.
4. Use your weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your weight system at all times.
7. Your weight system should not be used by persons weighing more than 300 lbs. (136 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your weight system. Always wear athletic shoes for foot protection.
9. Keep hands and feet away from moving parts.
10. Always secure the weight stack with the lock pin and lock after exercising to prevent unauthorized use of the weight system (see **LOCKING THE WEIGHT STACK** on page 20).
11. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.
12. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
13. Never release the arms, leg lever, lat bar, or handle strap while weights are raised. The weights will fall with great force.
14. Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.
15. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
16. Use your weight system only as described in this manual.

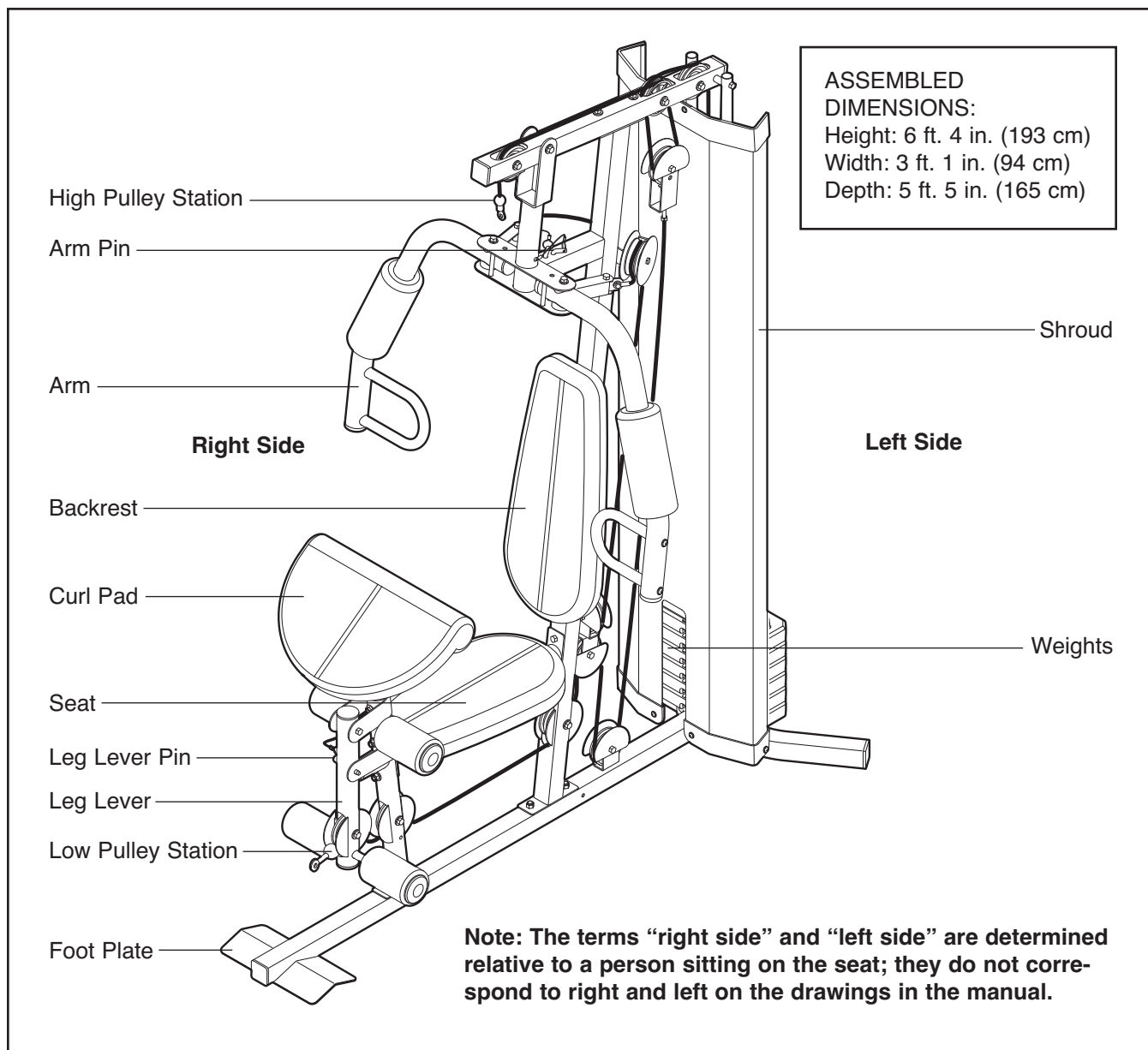
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 8980 I weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the treadmill. If you have questions after read-

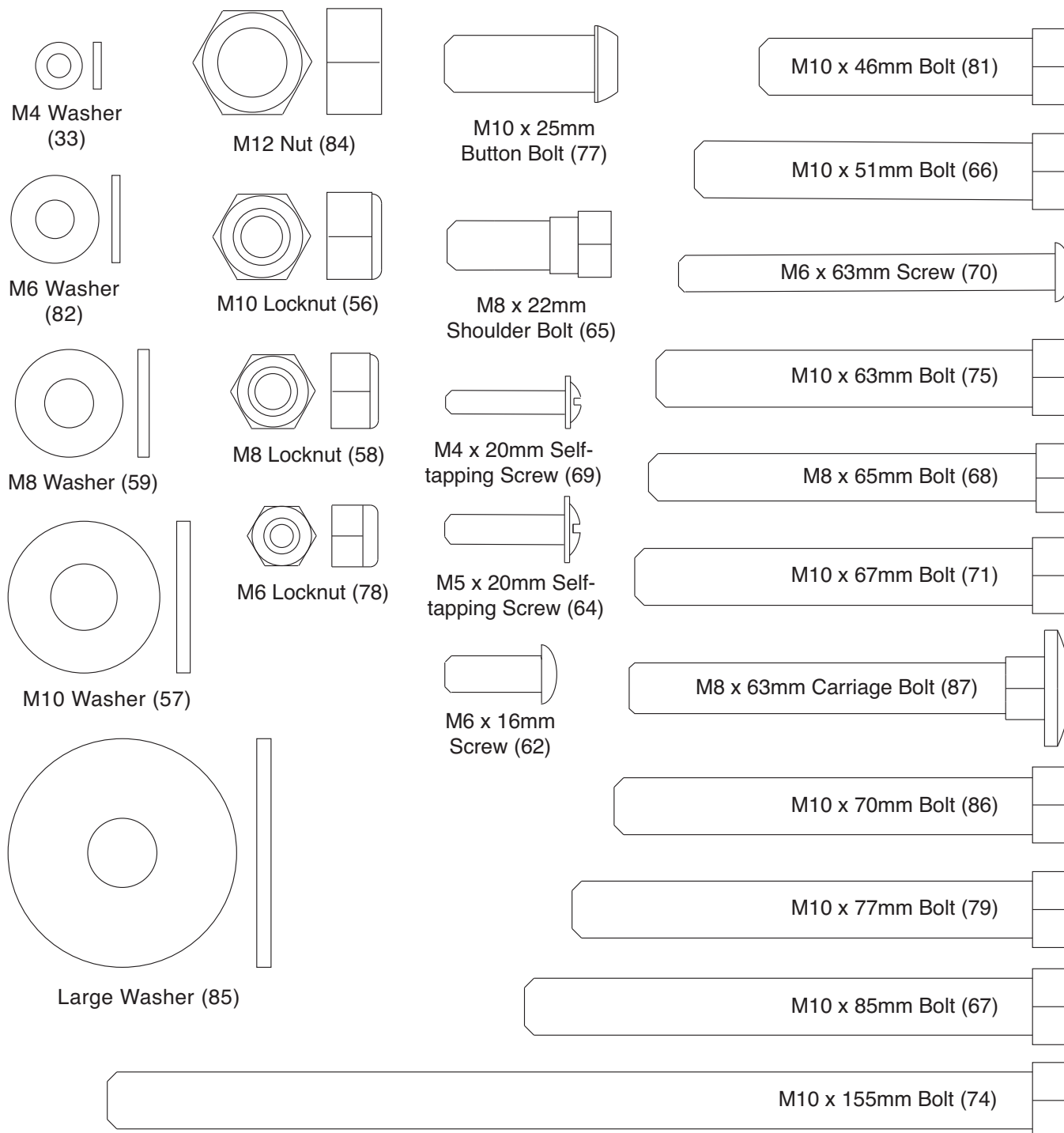
ing this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



PART IDENTIFICATION CHART

Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached.**



ASSEMBLY

Make Assembly Easier

Everything in this manual is designed to ensure that the weight system can be assembled successfully by almost anyone. By setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight system as you assemble it.
- To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual hardware kits.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- Assembly requires the included hex key and the following tools (not included):

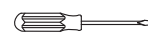
Two adjustable wrenches



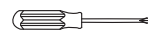
One rubber mallet



One standard screwdriver



One Phillips screwdriver



Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

The Four Stages of the Assembly Process

Frame Assembly—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

Arm Assembly—During this stage you will assemble the arms and the leg lever.

Cable Assembly—During this stage you will attach the cables and pulleys that connect the arms to the weights.

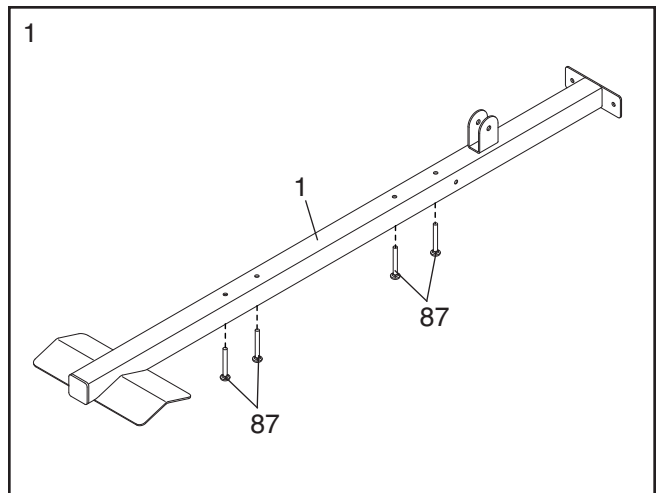
Seat Assembly—During the final stage you will assemble the seat and the backrest.

Frame Assembly

1.

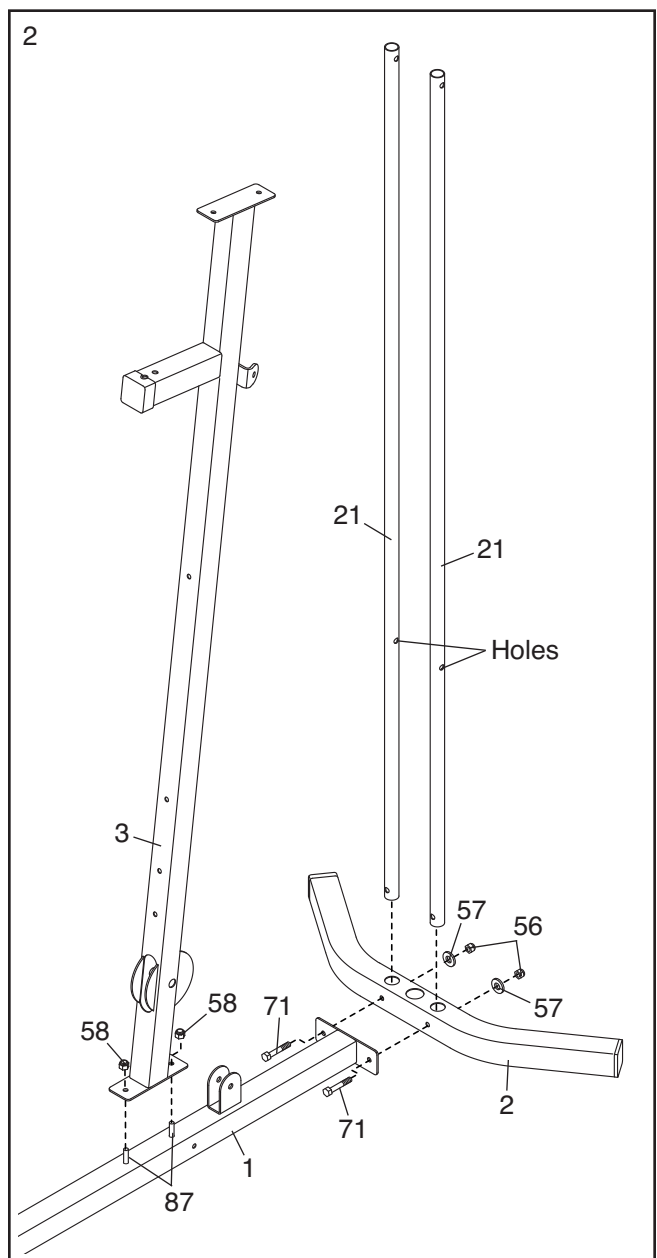
Before beginning assembly, make sure you understand the information on page 6.

Insert four M8 x 63mm Carriage Bolts (87) up through the Base (1). **Note: It may be helpful to place a piece of tape over the bolt heads to hold them in place.**



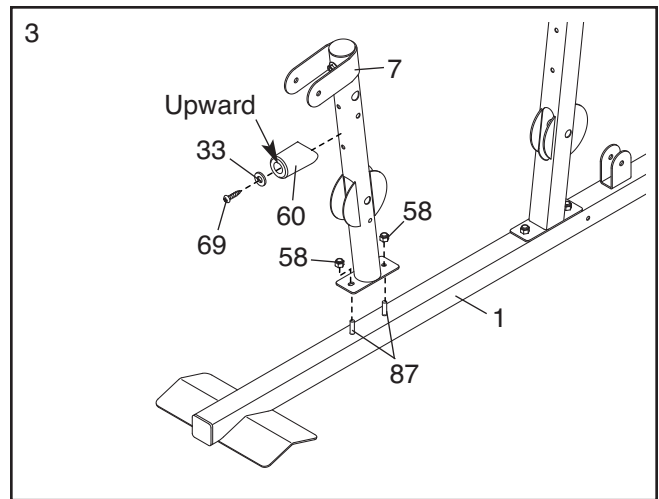
2. Orient the two Weight Guides (21) as shown, so the indicated holes are closer to the lower ends. Attach the Weight Guides and the Stabilizer (2) to the Base (1) with two M10 x 67mm Bolts (71), two M10 Washers (57), and two M10 Locknuts (56). **Fully tighten the Locknuts.**

Attach the Upright (3) to the Base (1) with the two indicated M8 x 63mm Carriage Bolts (87) and two M8 Locknuts (58). **Do not tighten the Locknuts yet.**



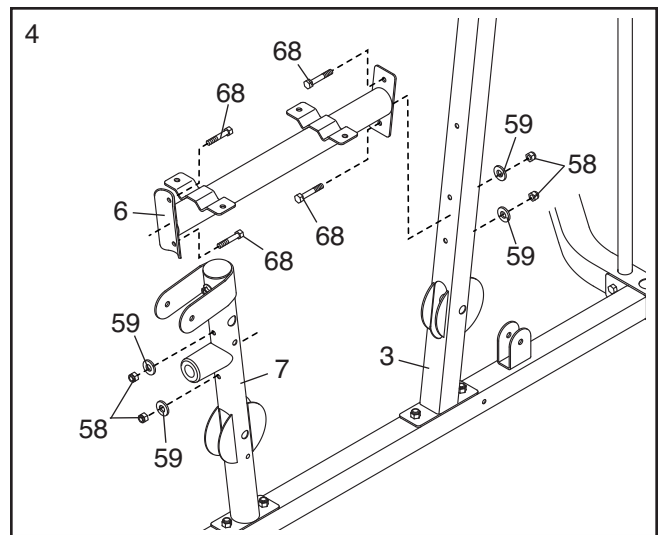
3. Attach the Front Leg (7) to the Base (1) with the two M8 x 63mm Carriage Bolts (87) and two M8 Locknuts (58). **Do not tighten the Locknuts yet.**

Attach the Leg Bumper (60) to the Front Leg (7) with an M4 x 20mm Self-tapping Screw (69) and an M4 Washer (33). **Make sure that the end of the Leg Bumper is pointing upward.**



4. Attach the Seat Frame (6) to the Upright (3) with two M8 x 65mm Bolts (68), two M8 Washers (59), and two M8 Locknuts (58). **Do not tighten the Locknuts yet.**

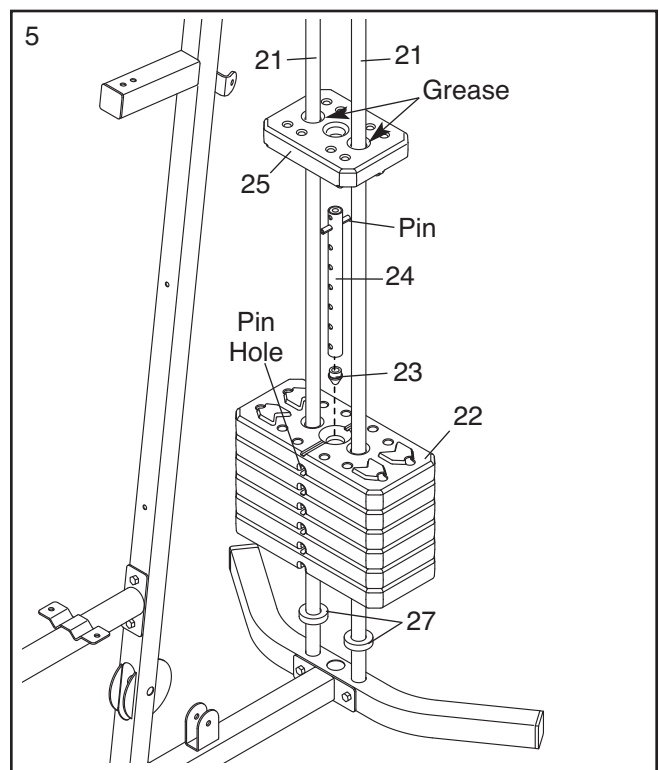
Attach the Seat Frame (6) to the Front Leg (7) in the same manner.



5. Slide the two Weight Bumpers (27) onto the Weight Guides (21). Orient the six Weights (22) with the pin holes on the bottom as shown. Slide the Weights onto the Weight Guides.

Insert the Weight Selector Cap (23) into the Weight Selector (24). Insert the Weight Selector into the six Weights (22). **Make sure that the pin on the Weight Selector is oriented as shown.**

Apply some of the included grease to the indicated holes in the Top Weight (25). Slide the Top Weight onto the Weight Guides (21).

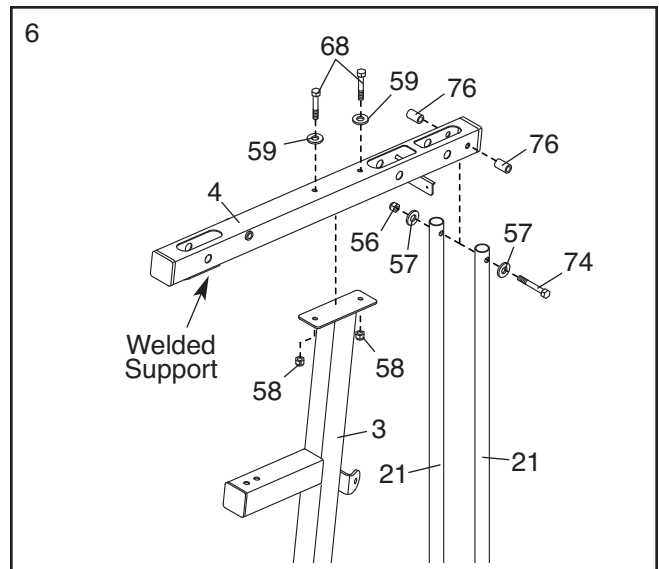


6. Orient the Top Frame (4) with the welded support on the bottom.

Attach the Top Frame (4) to the Upright (3) with two M8 x 65mm Bolts (68), two M8 Washers (59), and two M8 Locknuts (58). **Do not tighten the Locknuts yet.**

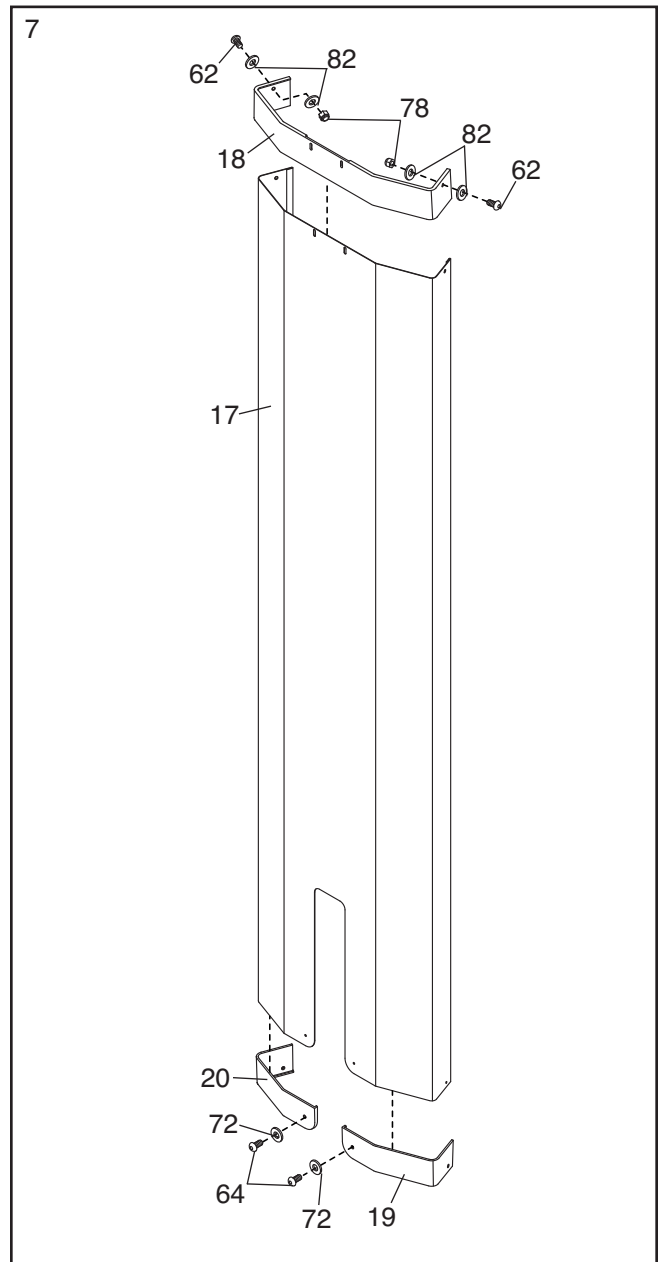
Attach the Top Frame (4) between the Weight Guides (21) with an M10 x 155mm Bolt (74), two M10 Washers (57), two 19mm Spacers (76), and an M10 Locknut (56).

See steps 2–4, and 6. Tighten the M8 Locknuts (58).



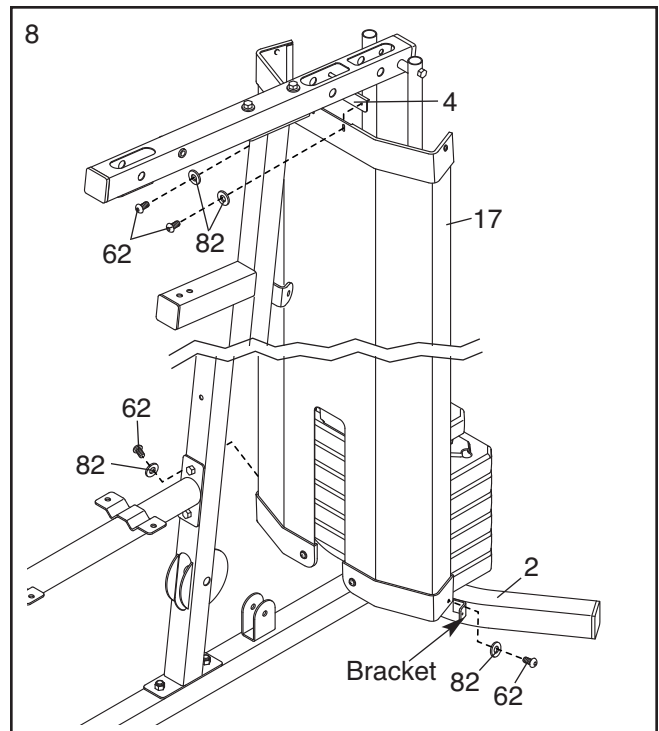
7. Attach the Left Cap (19) and the Right Cap (20) to the bottom of the Shroud (17) with two M5 x 20mm Self-tapping Screws (64) and two M5 Washers (72).

Attach the Top Cap (18) to the top of the Shroud (17) with two M6 x 16mm Screws (62), four M6 Washers (82), and two M6 Locknuts (78).



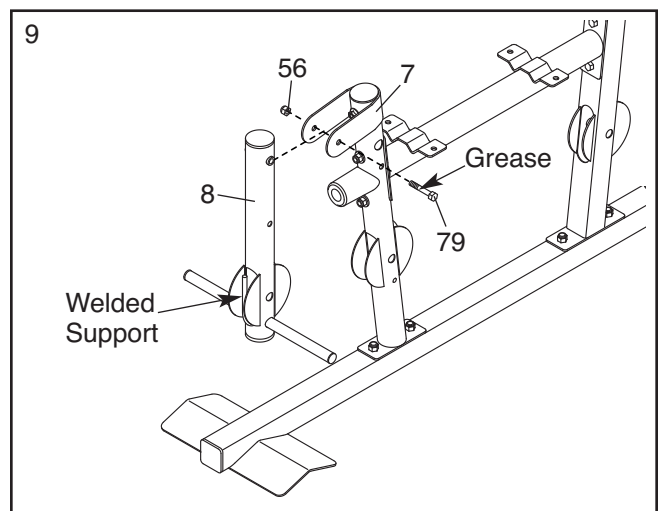
8. Attach the Shroud (17) to the Top Frame (4) with two M6 x 16mm Screws (62) and two M6 Washers (82). **Do not tighten the Screws yet.**

Attach the Shroud (17) to the brackets on the Stabilizer (2) with two M6 x 16mm Screws (62) and two M6 Washers (82). **Make sure the brackets are inside the Shroud. Tighten the four Screws used in this step.**



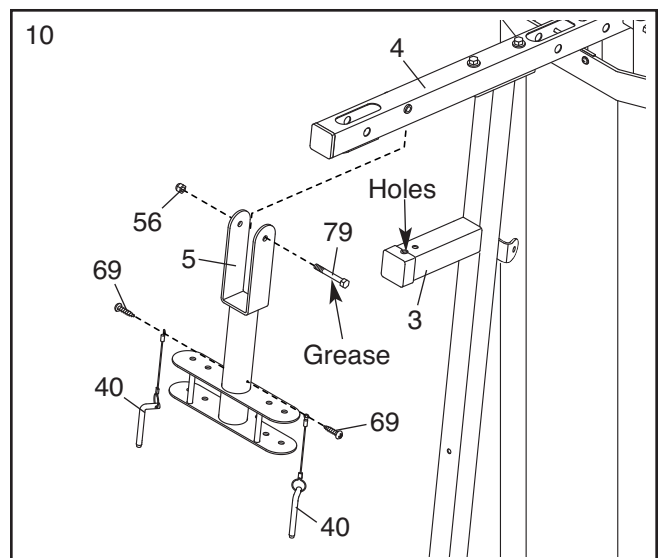
Arm Assembly

9. Grease an M10 x 77mm Bolt (79). Orient the Leg Lever (8) with the welded support on the side shown. Attach the Leg Lever to the Front Leg (7) with the Bolt and an M10 Locknut (56). **Do not overtighten the Locknut; the Leg Lever must pivot easily.**



10. Grease an M10 x 77mm Bolt (79). Attach the Pivot Frame (5) to the Top Frame (4) with the Bolt and an M10 Locknut (56). **Do not overtighten the Locknut; the Pivot Frame must pivot easily.**

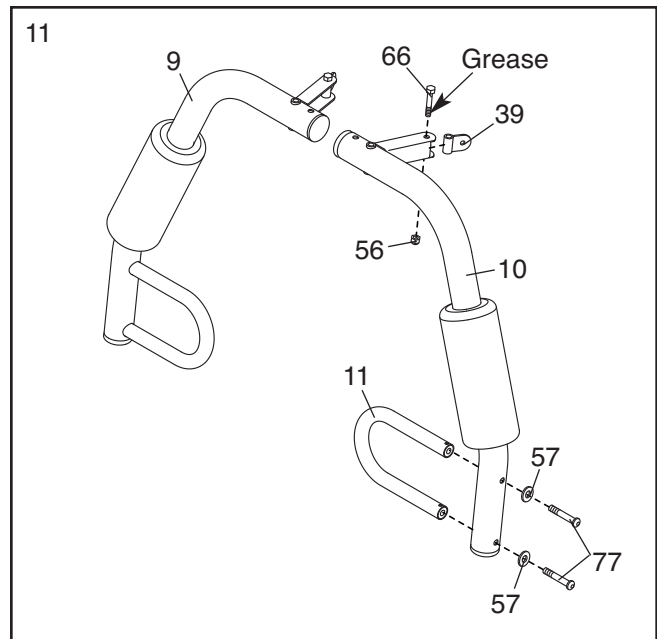
Attach the two Arm Pins (40) to the Pivot Frame (5) with two M4 x 20mm Self-tapping Screws (69). Insert the Arm Pins into the two holes in the Upright (3).



11. Grease an M10 x 51mm Bolt (66). Attach a Cable Pivot (39) to the Left Arm (10) with the Bolt and an M10 Locknut (56). **Do not overtighten the Locknut; the Cable Pivot must pivot easily.**

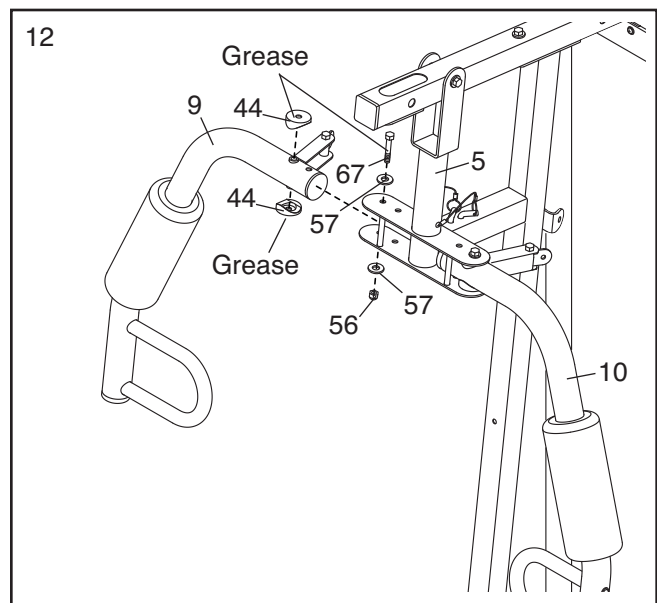
Attach a Handle (11) to the Left Arm (10) with two M10 x 25mm Button Screws (77) and two M10 Washers (57).

Assemble the Right Arm (9) in the same manner.



12. Grease an M10 x 85mm Bolt (67) and two Arm Bushings (44). Attach the Right Arm (9) to the Pivot Frame (5) with the Bolt, two M10 Washers (57), the two Arm Bushings, and an M10 Locknut (56). **Do not overtighten the Locknut; the Right Arm must pivot easily.**

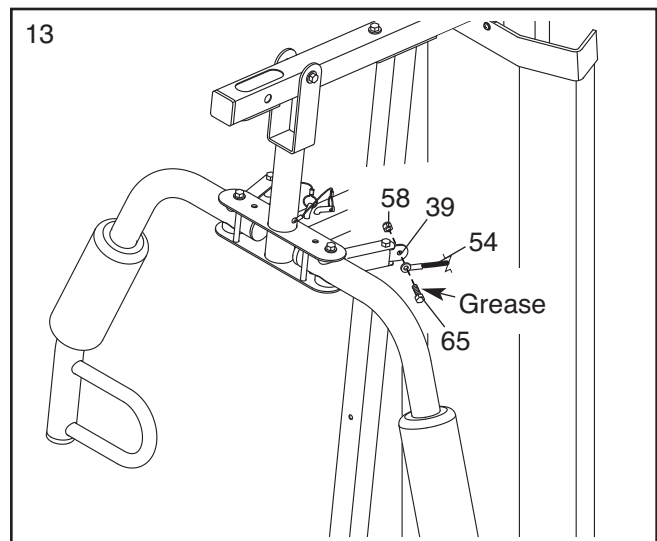
Attach the Left Arm (10) to the Pivot Frame (5) in the same manner.



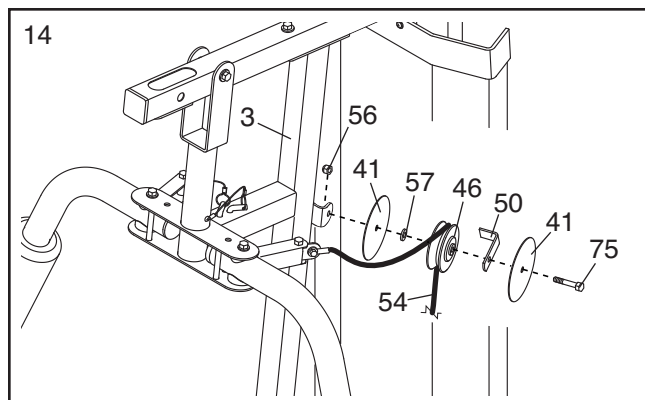
Cable Assembly

13. See the **CABLE DIAGRAM** on page 21 to identify and route the cables.

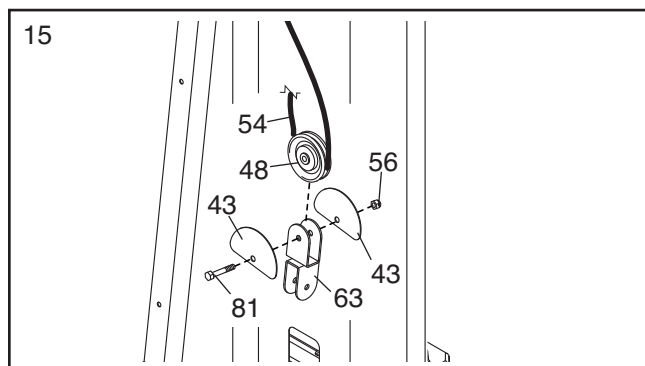
Identify the Arm Cable (54). Grease an M8 x 22mm Shoulder Bolt (65). Attach the Cable to the indicated Cable Pivot (39) with the Shoulder Bolt and an M8 Locknut (58). **Make sure that the cable end can pivot easily on the Shoulder Bolt.**



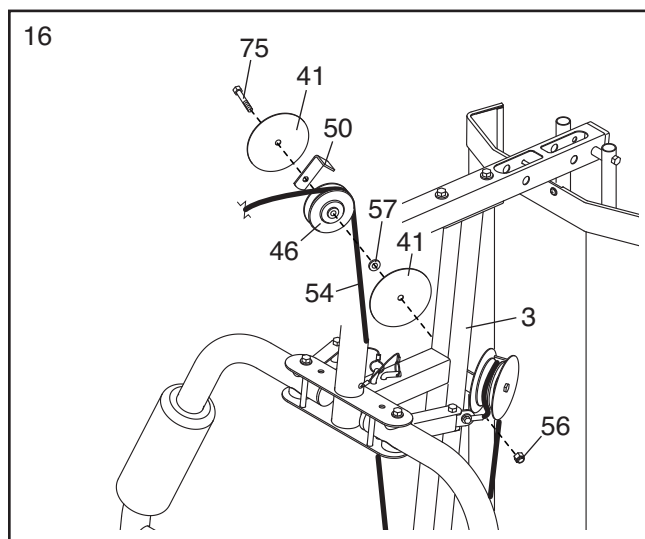
14. Route the Arm Cable (54) over a V-pulley (46). Attach the V-pulley, a Large Cable Trap (50), two Full Guards (41), and an M10 Washer (57) to the Upright (3) with an M10 x 63mm Bolt (75) and an M10 Locknut (56). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the V-pulley.**



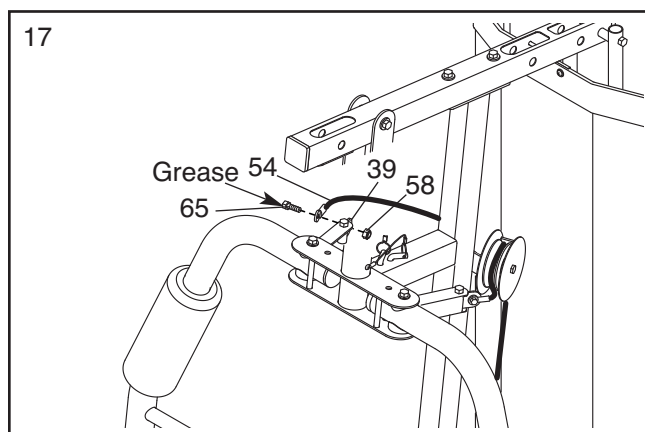
15. Route the Arm Cable (54) under a 90mm Pulley (48). Attach the Pulley and two Half Guards (43) to the Double U-bracket (63) with an M10 x 46mm Bolt (81) and an M10 Locknut (56). **Make sure that the Half Guards are on the outside of the U-bracket as shown.**



16. Route the Arm Cable (54) over a V-pulley (46). Attach the V-pulley, a Large Cable Trap (50), two Full Guards (41), and an M10 Washer (57) to the Upright (3) with an M10 x 63mm Bolt (75) and an M10 Locknut (56). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the V-pulley.**

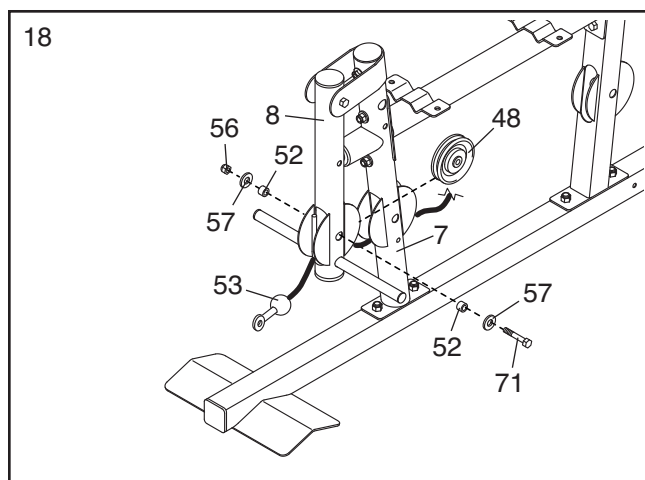


17. Grease an M8 x 22mm Shoulder Bolt (65). Attach the Arm Cable (54) to the indicated Cable Pivot (39) with the Shoulder Bolt and an M8 Locknut (58). **Make sure that the cable end can pivot easily on the Shoulder Bolt.**

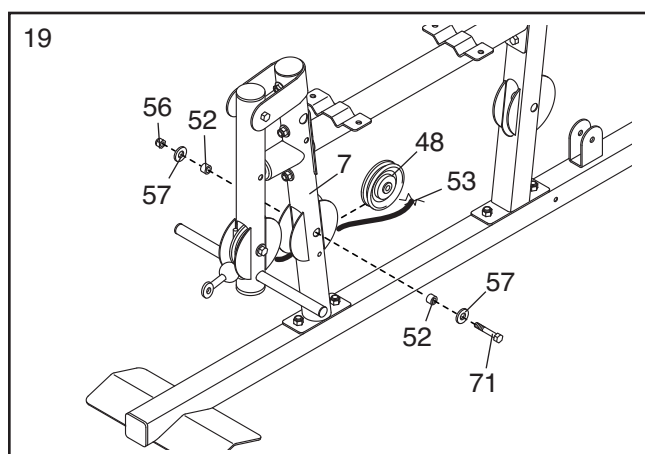


18. **Identify the Low Cable (53).** Route the Cable through the Leg Lever (8) and the Front Leg (7).

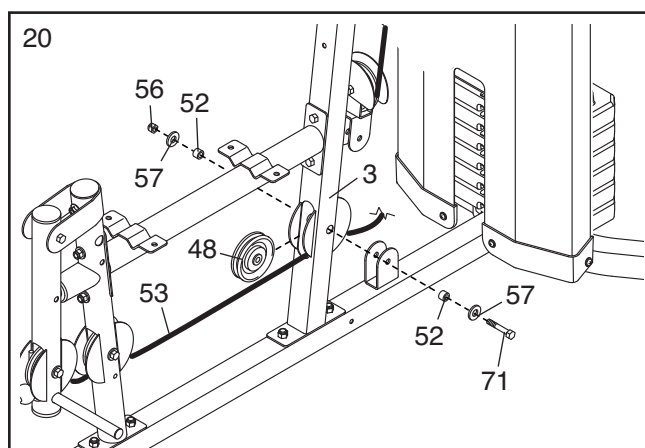
Attach a 90mm Pulley (48) inside the Leg Lever (8), over the Low Cable (53), with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Locknut (56).



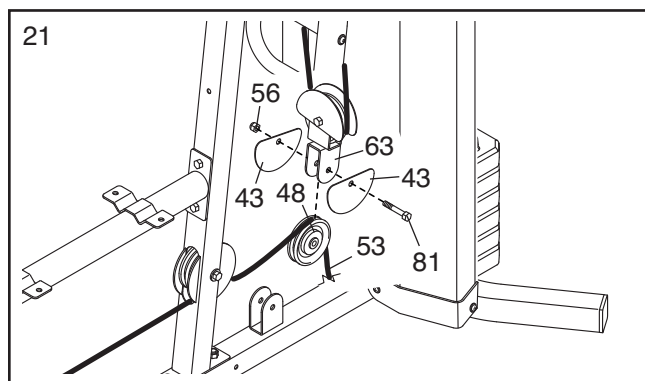
19. Attach a 90mm Pulley (48) inside the Front Leg (7), over the Low Cable (53), with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Locknut (56).



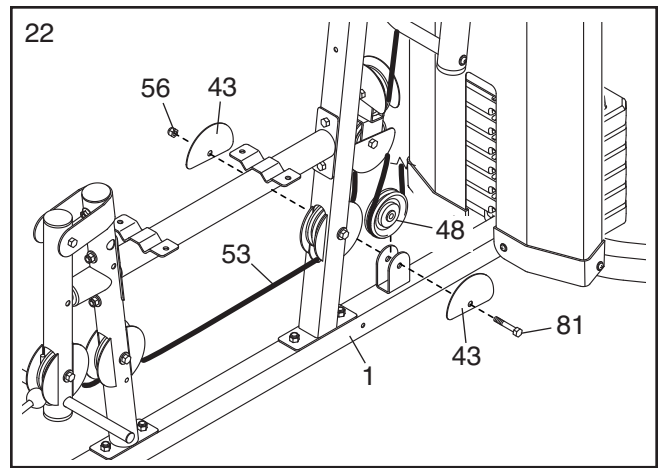
20. Route the Low Cable (53) under a 90mm Pulley (48) and through the Upright (3). Attach the Pulley inside the Upright with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Locknut (56).



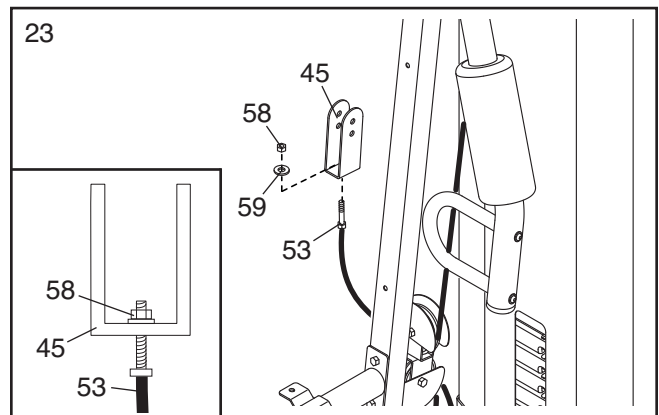
21. Route the Low Cable (53) over a 90mm Pulley (48). Attach the Pulley and two Half Guards (43) to the Double U-bracket (63) with an M10 x 46mm Bolt (81) and an M10 Locknut (56). **Make sure that the Half Guards are on the outside of the U-bracket as shown.**



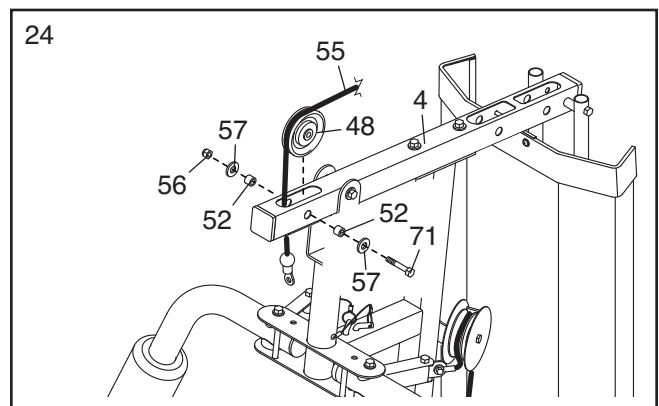
22. Route the Low Cable (53) under a 90mm Pulley (48). Attach the Pulley and two Half Guards (43) to the Base (1) with an M10 x 46mm Bolt (81) and an M10 Locknut (56). **Make sure that the Half Guards are on the outside of the bracket as shown.**



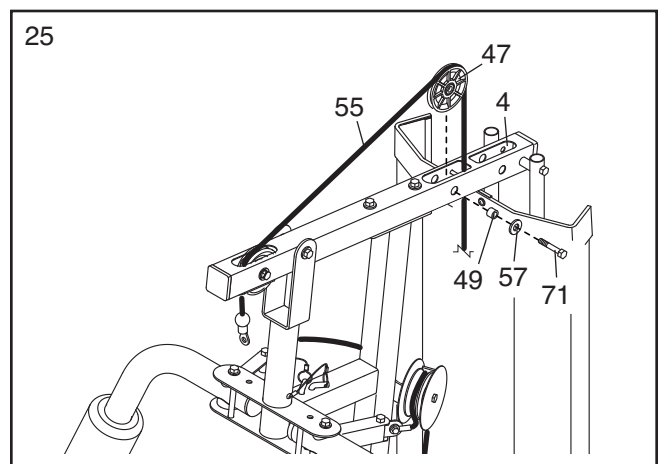
23. Attach the Low Cable (53) to the U-bracket (45) with an M8 Washer (59) and an M8 Locknut (58). **See the inset drawing. Do not overtighten the Locknut; it should be threaded onto the end of the Cable so that only two threads are showing above the Locknut.**



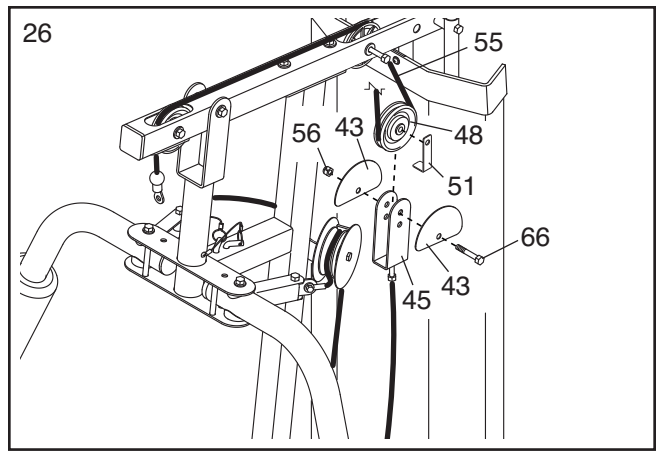
24. **Identify the High Cable (55).** Route the Cable up through the Top Frame (4) and over a 90mm Pulley (48). Attach the Pulley inside the Top Frame with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Locknut (56).



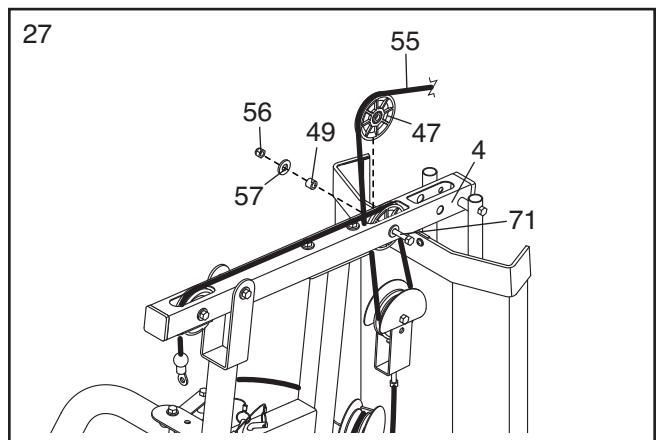
25. Route the High Cable (55) over a 90mm Thin Pulley (47) and down through the Top Frame (4). Attach the Thin Pulley inside the Top Frame with an M10 x 67mm Bolt (71), an M10 Washer (57), and an 11mm Spacer (49). **Make sure that the Thin Pulley does not fall out of the Top Frame while you complete steps 26 and 27.**



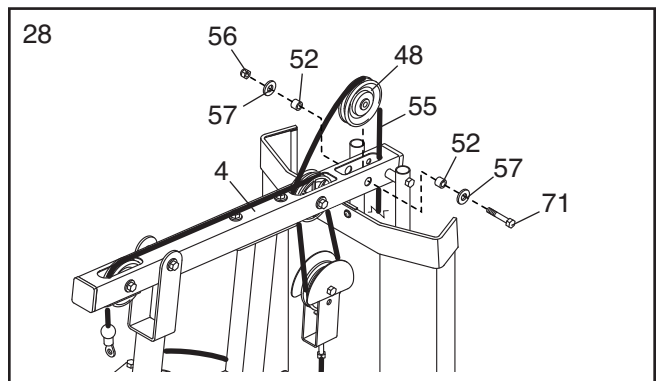
26. Wrap the High Cable (55) under a 90mm Pulley (48). Attach the Pulley, a Cable Trap (51), and two Half Guards (43) at the upper hole in the U-bracket (45) with an M10 x 51mm Bolt (66) and an M10 Locknut (56). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley and that the Half Guards are on the outside of the U-bracket.**



27. Route the High Cable (55) up through the Top Frame (4) and over a 90mm Thin Pulley (47). Attach the Pulley inside the Top Frame with the M10 x 67mm Bolt (71) used in step 25, an 11mm Spacer (49), an M10 Washer (57), and an M10 Locknut (56).



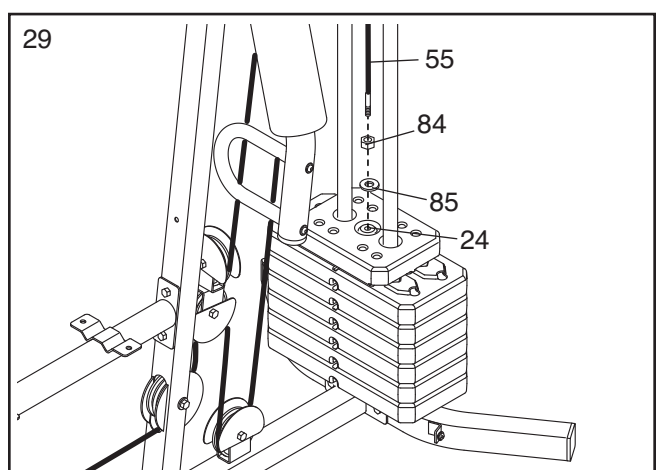
28. Route the High Cable (55) over a 90mm Pulley (48) and down through the Top Frame (4). Attach the Pulley inside the Top Frame with an M10 x 67mm Bolt (71), two M10 Washers (57), two 12mm Spacers (52), and an M10 Locknut (56).



29. **Note: The shroud is shown removed in this step for clarity.**

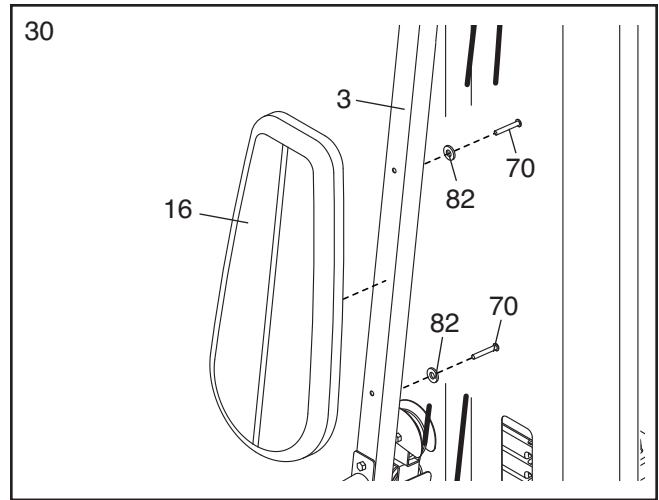
Thread an M12 Nut (84) all the way onto the High Cable (55). Place a Large Washer (85) on top of the Weight Selector (24).

Tighten the High Cable (55) into the Weight Selector (24) until all the slack is removed from the cables. Tighten the M12 Nut (84) against the Large Washer (85).

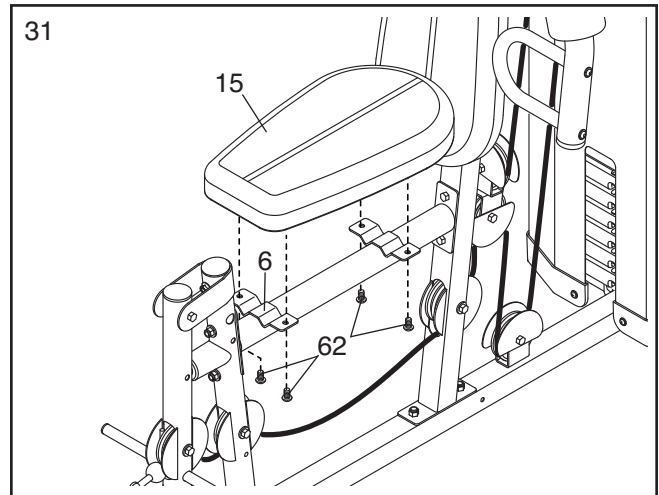


Seat Assembly

30. Attach the Backrest (16) to the Upright (3) with two M6 x 63mm Screws (70) and two M6 Washers (82).

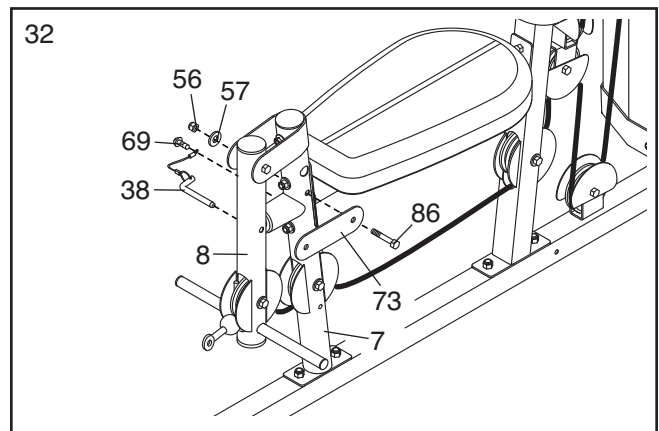


31. Attach the Seat (15) to the Seat Frame (6) with four M6 x 16mm Screws (62) as shown.



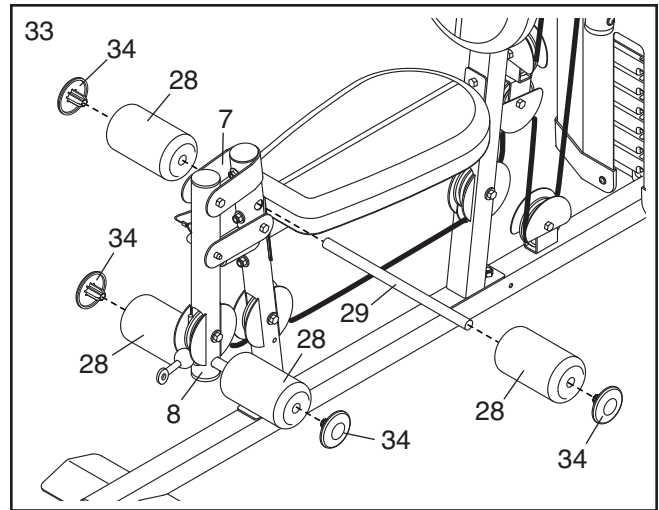
32. Attach the Lock Plate (73) to the Front Leg (7) with an M10 x 70mm Bolt (86), an M10 Washer (57), and an M10 Locknut (56). **Do not overtighten the Locknut; the Lock Plate must pivot easily.**

Attach the Leg Lever Pin (38) to the Front Leg (7) with an M4 x 20mm Self-tapping Screw (69). Insert the Leg Lever Pin through the Leg Lever (8) and the Lock Plate (73).

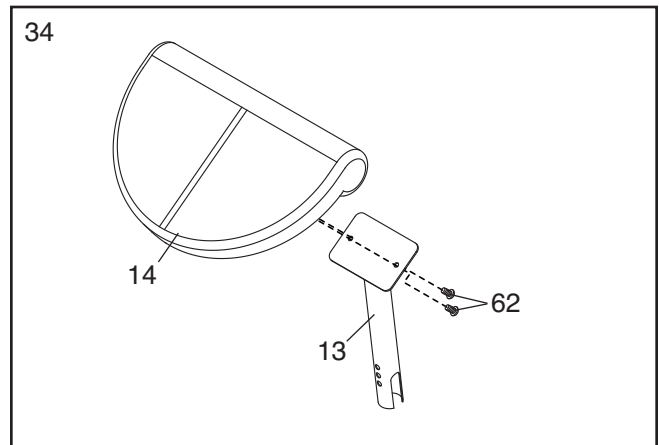


33. Insert the Pad Tube (29) into the Front Leg (7). Slide two Small Foam Pads (28) onto the ends of the Pad Tube. Then, press two Pad Caps (34) into the Foam Pads.

Slide two Small Foam Pads (28) onto the Leg Lever (8). Then, press two Pad Caps (34) into the Small Foam Pads.



34. Attach the Curl Pad (14) to the Curl Post (13) with two M6 x 16mm Screws (62).



35. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 18.

Before using the weight system, pull each cable a few times to make sure that the cables move smoothly around the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 21 for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See MAINTENANCE on page 22.**

ADJUSTMENT

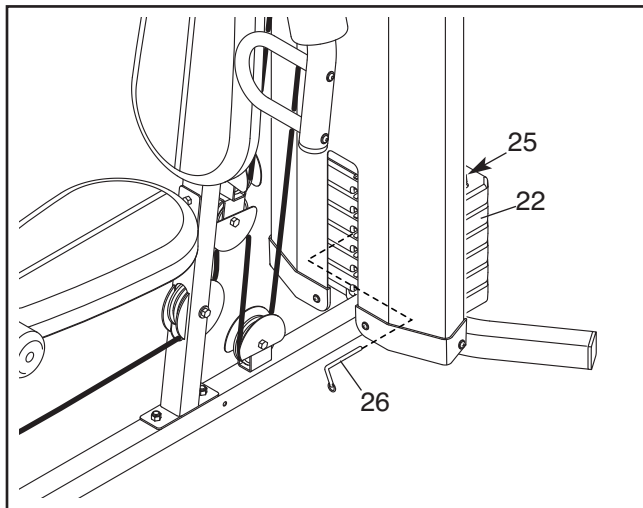
This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 23 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

CHANGING THE WEIGHT SETTING

To change the setting of the weight stack, insert the Weight Pin (26) under the desired Weight (22). Insert the Weight Pin so that the bent end touches the weight stack. Turn the bent end down. **Note: Do not use the Top Weight (25) by itself.**

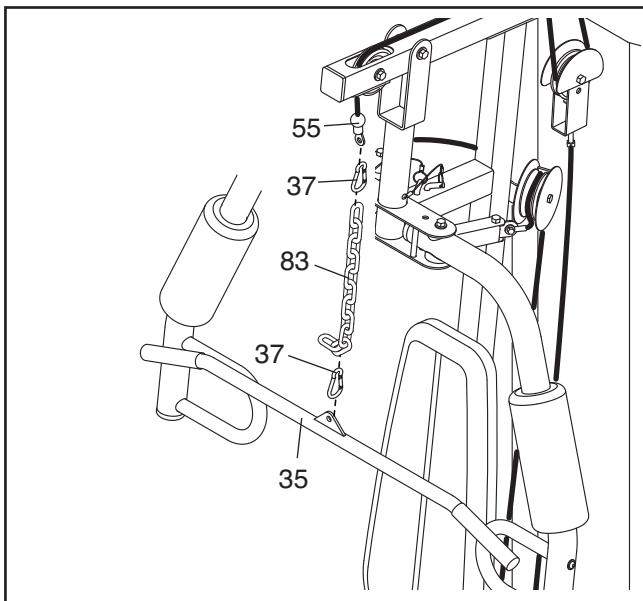
Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the **WEIGHT RESISTANCE CHART** on page 20 to find the approximate amount of resistance for each weight station.



ATTACHING THE ACCESSORIES TO A PULLEY STATION

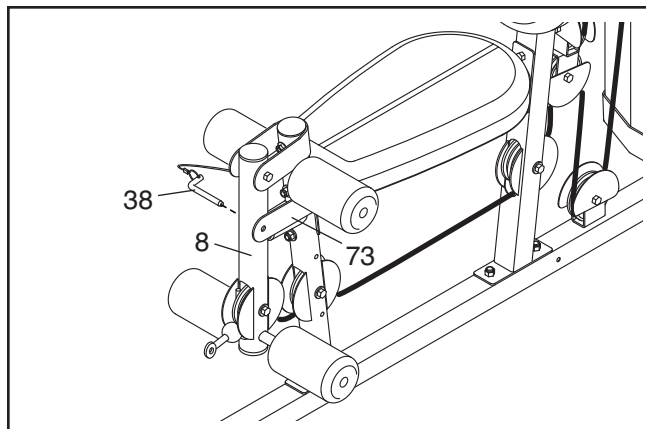
Attach the Lat Bar (35) to the High Cable (55) at the high pulley station with a Cable Clip (37). For some exercises, the Chain (83) should be attached between the Lat Bar and the Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so that the Lat Bar is in the correct starting position for the exercise to be performed.**

The Lat Bar (35) or the Handle Strap (not shown) can be attached at either pulley station in the same manner. Always engage the Lock Plate (not shown) before using the low pulley station (see USING THE LOCK LEVER on page 19).



USING THE LOCK LEVER

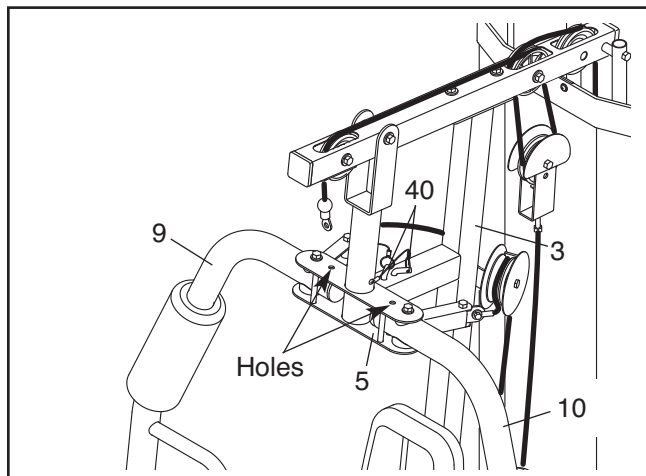
Before using the low pulley station, engage the Leg Lever Pin (38) into the Leg Lever (8) and the Lock Plate (73).



ARM CONVERSION

To use the Arms (9, 10) as butterfly arms, insert the Arm Pins (40) into the holes in the Upright (3) and the Pivot Frame (5) as shown.

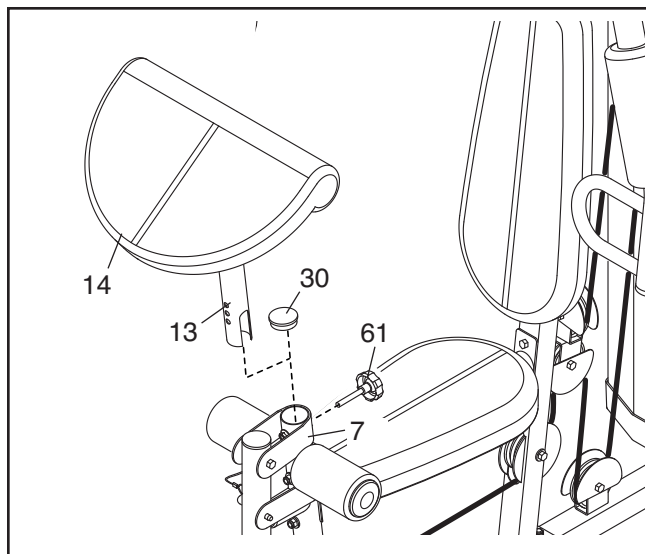
To use the Arms (9, 10) as press arms, insert the Arm Pins (40) into the indicated holes in the Pivot Frame (5) and the Arms.



USING THE CURL PAD

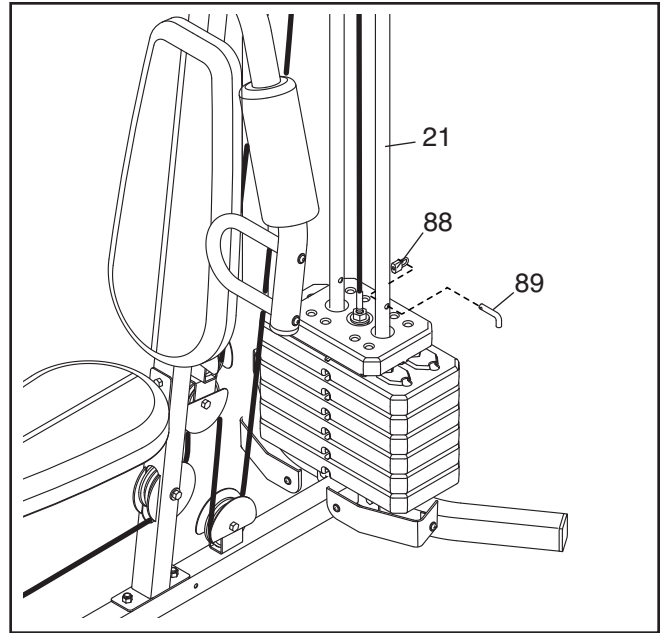
To use the Curl Pad (14), remove the 50mm Round Inner Cap (30) from the Front Leg (7). Insert the Curl Post (13) into the Front Leg and secure it in place with the Curl Knob (61).

Before performing an exercise that does not require the Curl Pad (14), remove the Curl Pad and press the 50mm Round Inner Cap (30) into the Front Leg (7). Store the Curl Pad away from the weight system.



LOCKING THE WEIGHT STACK

Lock the weight stack by inserting the Lock Pin (89) through a Weight Guide (21) and securing the Lock (88) onto the Lock Pin.



WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance at each exercise station. The numbers in the left column refer to the 12.5-lb. weights. **Note: The weight resistance shown for the butterfly arm station is for each arm. The actual resistance at each station may vary due to differences in individual weights as well as friction between the cables, pulleys, and weight guides.**

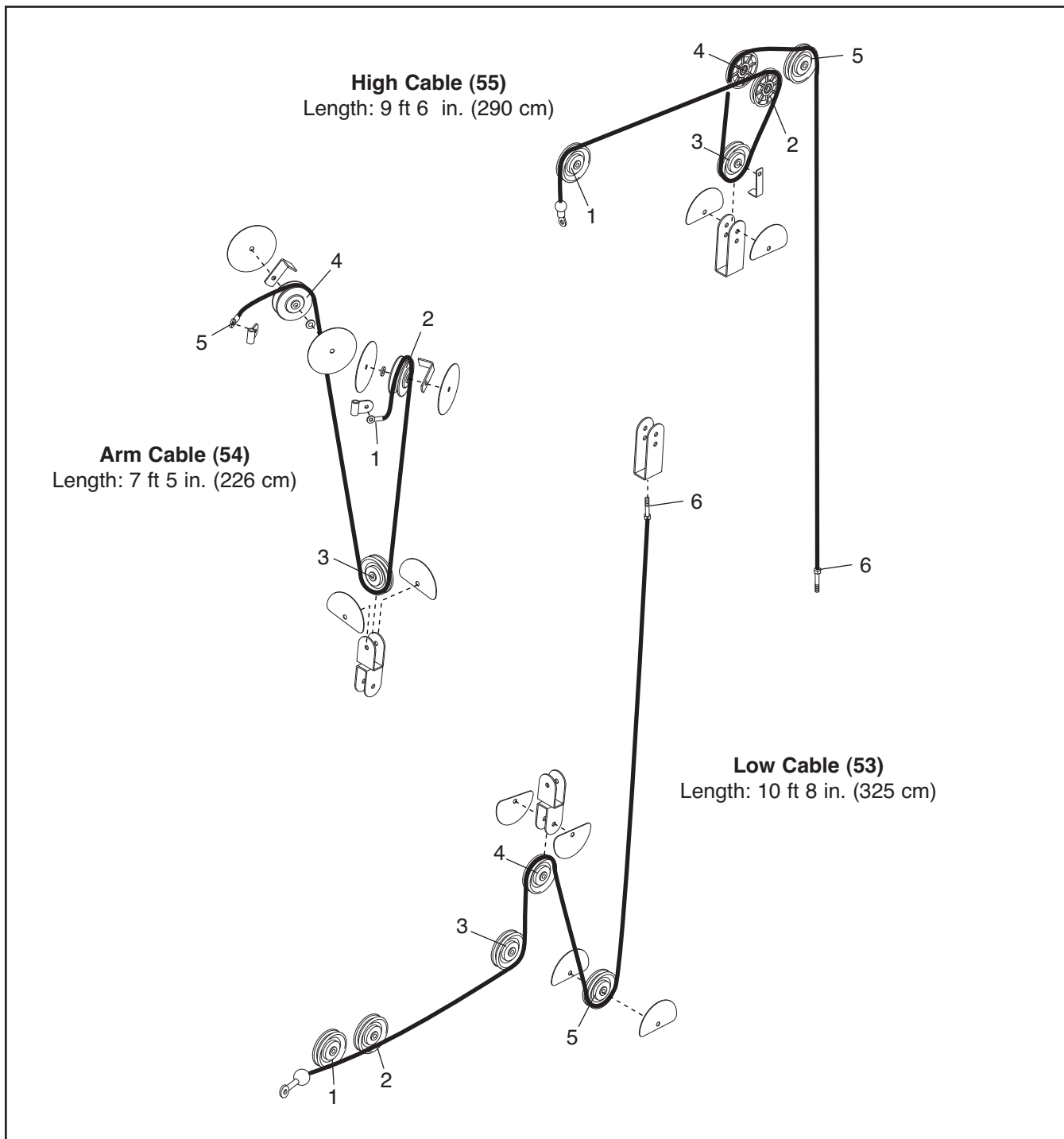
WEIGHT	HIGH PULLEY (lbs.)	BUTTERFLY ARM (lbs.)	PRESS ARM (lbs.)	LEG LEVER (lbs.)	LOW PULLEY (lbs.)
Top	11	16	27	27	26
1	26	22	44	57	55
2	42	30	62	85	86
3	61	41	97	111	119
4	70	51	127	159	148
5	86	63	144	182	163
6	101	82	173	214	187

Note: 1 lb. = 0.45 kg

CABLE DIAGRAM

The diagram below shows the proper routing of the cables. The numbers in each drawing show the proper route of that cable. Use the diagram to make sure that the cables, cable traps, and guards are assembled correctly. If the cables are not assembled correctly, the weight system will not function properly and damage may occur.

Make sure that the cable traps do not touch or bind the cables.



MAINTENANCE

Make sure that all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

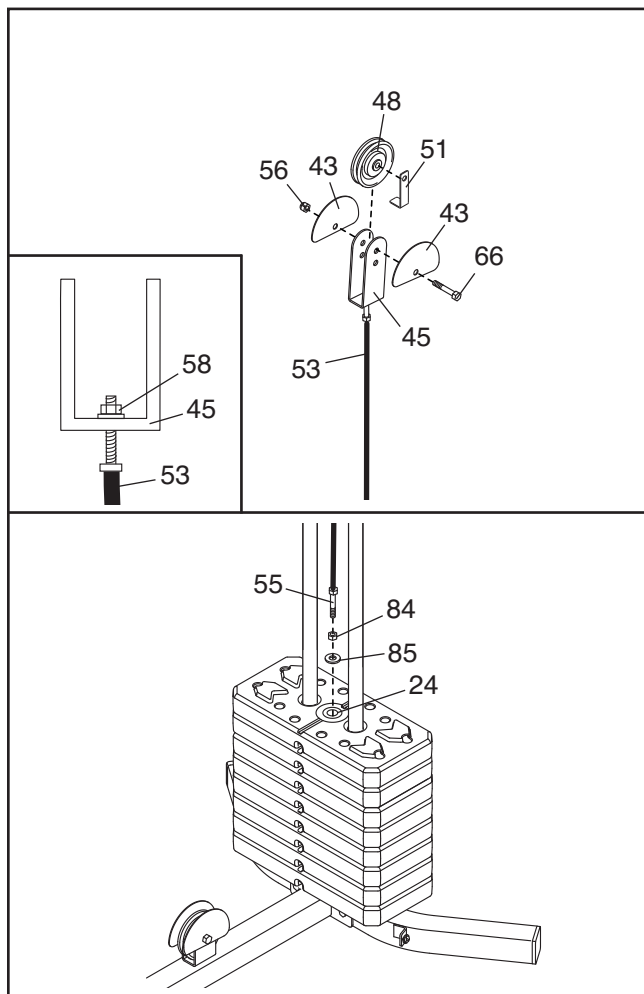
TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from these cables several ways:

See the inset drawing. Tighten the M8 Locknut (58) that connects the end of the Low Cable (53) to the U-bracket (45).

Remove the M10 Locknut (56) and the M10 x 51mm Bolt (66) from the Cable Trap (51), the 90mm Pulley (48), the two Half Guards (43), and the U-bracket (45). Reattach the Pulley, Cable Trap, and Half Guards to the other hole in the U-bracket. **Make sure that the Cable Trap is in the proper position and that the Low Cable (53) and Pulley move smoothly.**

Loosen the M12 Nut (84) on the High Cable (55). Tighten the Cable into the Weight Selector (24) until the slack is removed from the Cable. Then, retighten the M12 Nut against the Large Washer (85).



Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and reinstall it. If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness while exercising, stop immediately and cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature, and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled way will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stroke of each repetition should last about half as long as the return stroke. Proper breathing is important. Exhale during the exertion stroke of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

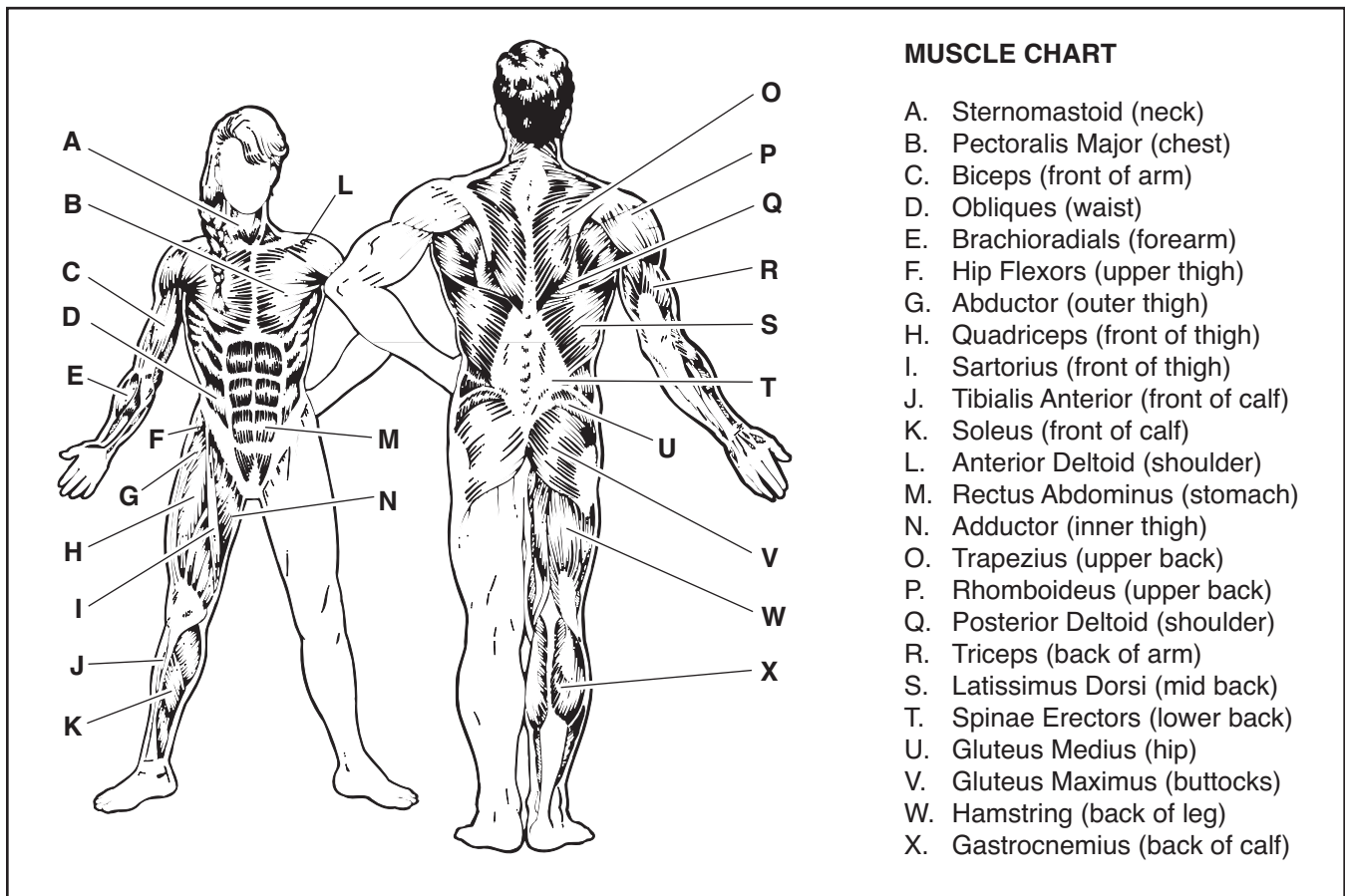
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



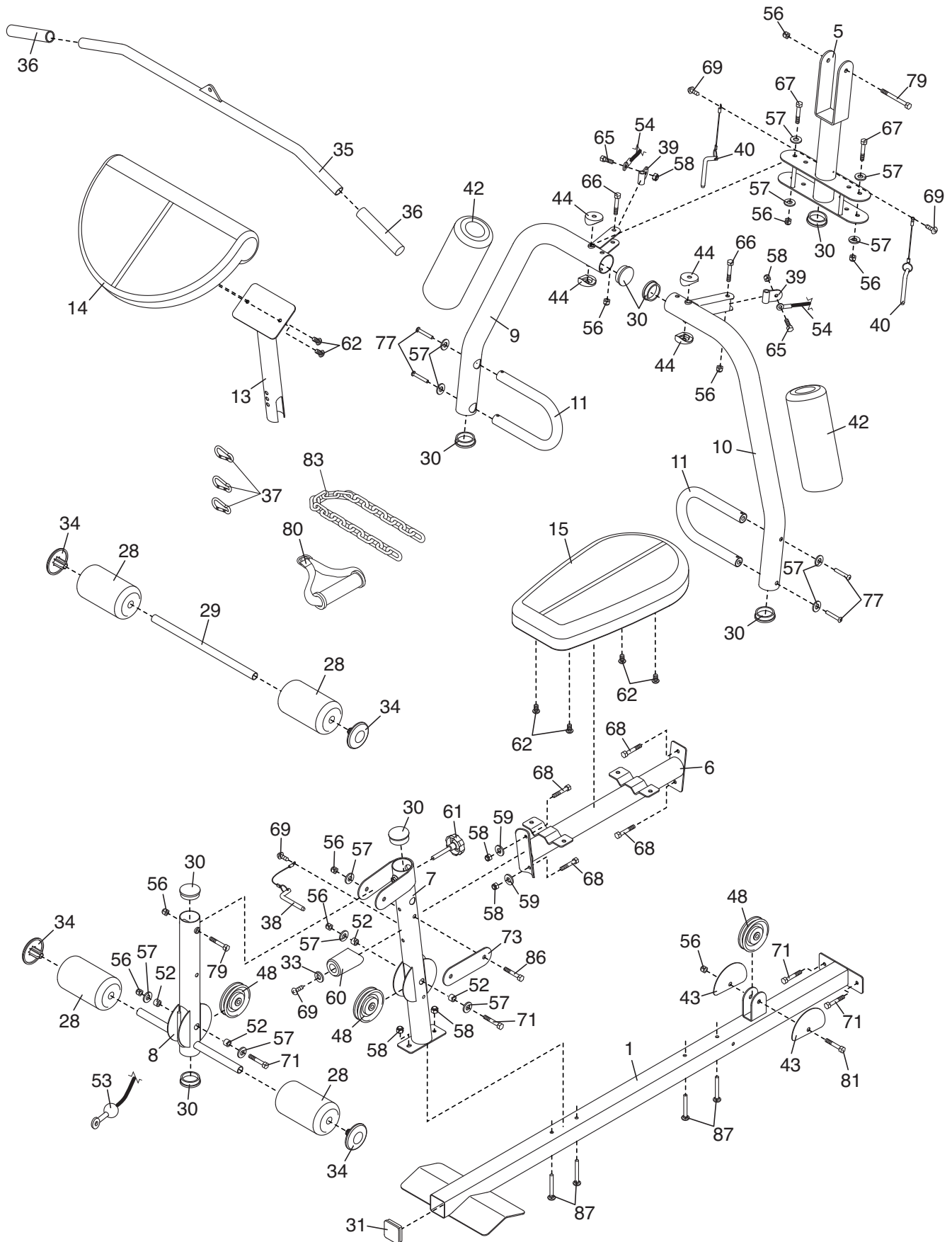
PART LIST—Model No. WEANSY1978.0

R0608A

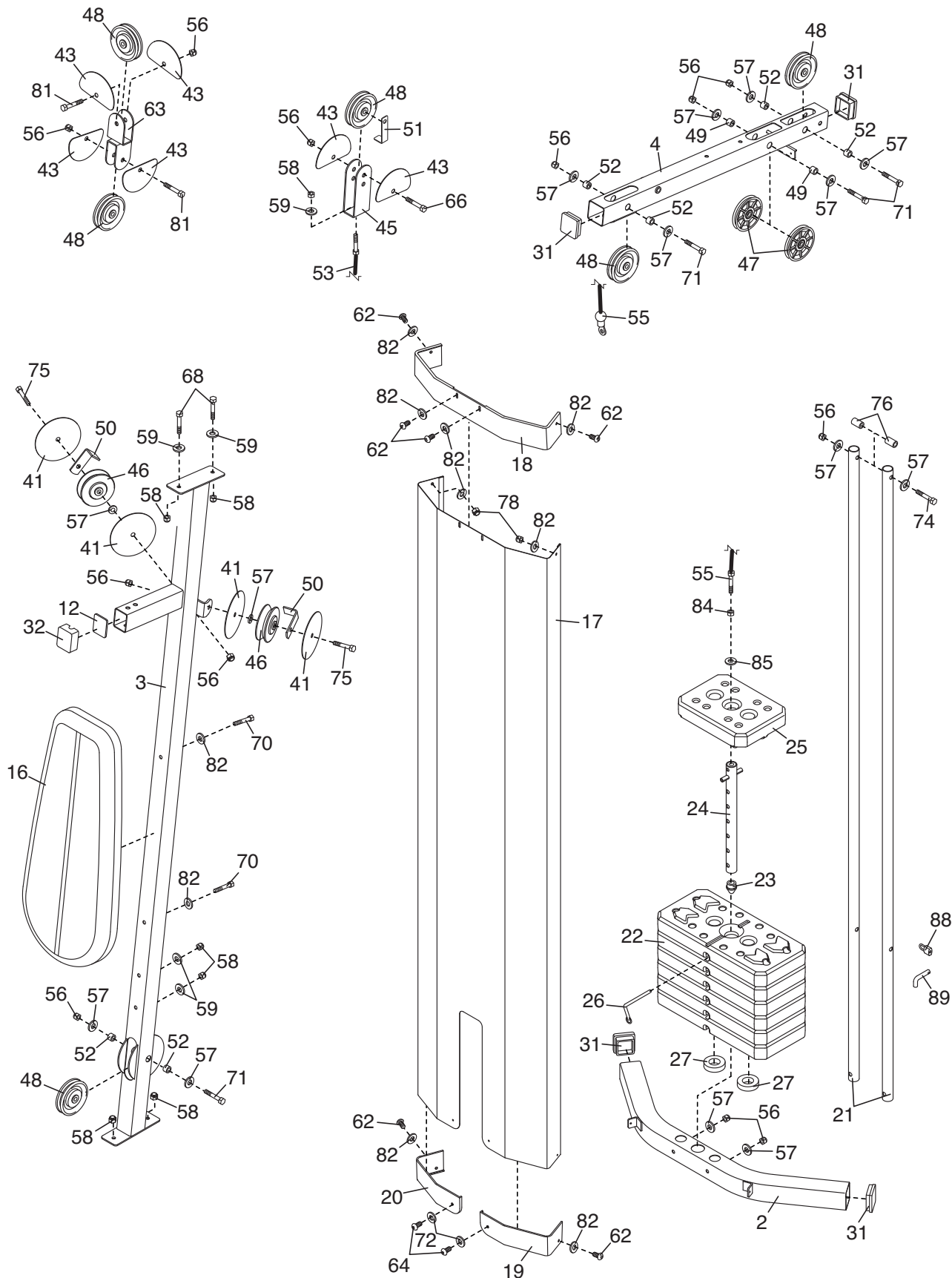
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	48	9	90mm Pulley
2	1	Stabilizer	49	2	11mm Spacer
3	1	Upright	50	2	Large Cable Trap
4	1	Top Frame	51	1	Cable Trap
5	1	Pivot Frame	52	10	12mm Spacer
6	1	Seat Frame	53	1	Low Cable
7	1	Front Leg	54	1	Arm Cable
8	1	Leg Lever	55	1	High Cable
9	1	Right Arm	56	22	M10 Locknut
10	1	Left Arm	57	27	M10 Washer
11	2	Handle	58	13	M8 Locknut
12	1	Square Plate	59	7	M8 Washer
13	1	Curl Post	60	1	Leg Bumper
14	1	Curl Pad	61	1	Curl Knob
15	1	Seat	62	12	M6 x 16mm Screw
16	1	Backrest	63	1	Double U-bracket
17	1	Shroud	64	2	M5 x 20mm Self-tapping Screw
18	1	Top Cap	65	2	M8 x 22mm Shoulder Bolt
19	1	Left Cap	66	3	M10 x 51mm Bolt
20	1	Right Cap	67	2	M10 x 85mm Bolt
21	2	Weight Guide	68	6	M8 x 65mm Bolt
22	6	Weight	69	4	M4 x 20mm Self-tapping Screw
23	1	Weight Selector Cap	70	2	M6 x 63mm Screw
24	1	Weight Selector	71	8	M10 x 67mm Bolt
25	1	Top Weight	72	2	M5 Washer
26	1	Weight Pin	73	1	Lock Plate
27	2	Weight Bumper	74	1	M10 x 155mm Bolt
28	4	Small Foam Pad	75	2	M10 x 63mm Bolt
29	1	Pad Tube	76	2	19mm Spacer
30	8	50mm Round Inner Cap	77	4	M10 x 25mm Button Screw
31	5	50mm Square Inner Cap	78	2	M6 Locknut
32	1	38mm Square Outer Cap	79	2	M10 x 77mm Bolt
33	1	M4 Washer	80	1	Handle Strap
34	4	Pad Cap	81	3	M10 x 46mm Bolt
35	1	Lat Bar	82	10	M6 Washer
36	2	Handgrip	83	1	Chain
37	3	Cable Clip	84	1	M12 Nut
38	1	Leg Lever Pin	85	1	Large Washer
39	2	Cable Pivot	86	1	M10 x 70mm Bolt
40	2	Arm Pin	87	4	M8 x 63mm Carriage Bolt
41	4	Full Guard	88	1	Lock
42	2	Large Foam Pad	89	1	Lock Pin
43	8	Half Guard	*	—	User's Manual
44	4	Arm Bushings	*	—	Exercise Guide
45	1	U-bracket	*	—	Grease Packet
46	2	V-pulley	*	—	Hex Key
47	2	90mm Thin Pulley			

Note: Specifications are subject to change without notice. See the front cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING A—Model No. WEANSY1978.0 R0608A



EXPLODED DRAWING B—Model No. WEANSY1978.0 R0608A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)